

CANDLES

Father had a tinner make a mold for about eight candles at a time. We would thread string or yarn for a wick, pour in the warm tallow saved from mutton or beef fat, let them cool, and they were ready to give us light at night. Other bits of fat were saved to make soap. Everyone learned to work. Cows were kept to make butter for market and to exchange for other commodities. Sometimes Father bought fish from Utah Lake fisherman and peddled then in the wintertime to help make a living.

History of Andrew Gustave Johnson and
Charlotte Christine Albertina Anderson

EMMA STRATTON'S HERBS

YARROW - steep as you would common tea. It is found growing in pastures and Utah fields. It is a simple remedy for a stubborn case of eczema, and a blood tonic to build up and tone the whole system. Dose: three wine glasses a day until all symptoms disappear.

PEPPERMINT - is another old standby. Good for stomachache, sure cure for neuritis, and a nerve medicine. Also catnip and fennel, used primarily for infants with the colic, but good for mothers who desire to nurse the new baby. Gather from ditch banks, dry, steep by pouring boiling water over the leaves, do not boil as this makes the tea bitter. Drink a water glass of tea three times a day. For colic feed the baby the warm liquid at intervals.

SAGEBRUSH TEA - has 37 medical ingredients. The Indians and old-timers used it as a spring tonic with very good results.

HOPS - a sure cure for certain types of anemia, and for that let-down tired condition with which some are afflicted.

MUSTARD - in forms of plaster or poultices soothes pain and promotes circulation.

SULPHUR AND MOLASSES - another old-time blood cleaner, used with great success for parasite infections.